My Dictionary: Community

SUBJECT OF SELF

GOAL OF LESSON

Students will reflect on what community means to them.

LESSON TOPICS

- Family
- Internet
- Self-Awareness
- Social Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.

- One person's understanding of community may be different from another person's.

- This lesson will help students understand and share their unique perspective on community.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.
Briefly explain the lesson concept. You may choose to share a personal experience that shaped the way you think about community.

Work it out.
Use the physical and emotional workouts on the next page to guide students in reflecting on community. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.
After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

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	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	**Strength** strength YouTube Vimeo	Close your eyes. What do you see in your mind when you think of the word *community*?
2	**Commit** strength YouTube Vimeo	Look up the word *community* in the dictionary and write down the definition. Does the definition you wrote align with how you think of community?
3	**Respect** strength YouTube Vimeo	Who are the people who have the largest impact on your life? Are some of these people in your life by choice? Are some of these people in your life not by choice?
4	**Build** strength YouTube Vimeo	What are some communities that you belong to?
5	**Grateful** breathing exercise YouTube Vimeo	What does community mean to you? Write and illustrate your personal definition of the word *community*.

More physical workouts can be accessed at subjectofself.org/workouts.